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NEWS WORTH SHARING.

Magnotta asks for privacy

The suspect in a horrific murder who once seemed desperate for attention now wants his trial to be held out of the public eye PAGE 9

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The alleged victim of a sexual assault at a Pitt Meadows rave in 2010 speaks to the media outside the provincial courthouse in Port Coquitlam on Monday. Dennis Warrington received a conditional discharge after posting photos of the incident on Facebook. ERIC DREGER/THE CANADIAN PRESS

Man avoids jail time for posting pictures of alleged rape

Port Coquitlam. Dennis Warrington gets conditional sentence after incident involving teen girl at Pitt Meadows rave

NEAL HALL
The Canadian Press
exclusively for Metro

A young man who posted Facebook photos of an alleged sexual assault on an underage girl that quickly spread across the Internet has been handed a conditional discharge.

Port Coquitlam provincial court Judge Shenhi Dossa said she took into account Dennis Warrington's sincere apology, the fact he had no previous criminal record and his age at the time of the offence — 19.

The judge also imposed an 18-month probation term and ordered Warrington to perform 120 hours of community service.

Warrington, 21, was initially charged with publishing and distributing child pornography. He pleaded guilty last December to distributing obscene matter.

The court heard that friends gave him the photos of the alleged gang sexual assault on the girl at a rave party in Pitt Meadows in 2010.

The girl, now 18, told the court earlier that the posted photos ruined her life.

Outside the court the teen, who can't be named, said she went through "hell."

"I wouldn't wish this on my worst enemy," she said. "It's probably the worst thing anyone could go through."

But she also found that this experience made her stronger. The girl said she can now get on with her life.

She said she accepted Warrington's apology and she wasn't upset that he was given a second chance by the judge.

"He learned from what he did and he should put the second chance to good use because you don't get them every day," she said.

She urged other young people to think before using social media to post material that is harmful to others.

"It takes two seconds to post something on Facebook and ruin your life and to ruin somebody else's life," she said. "Think before you do it."

A sexual-assault charge against Colton McMorris was stayed in connection with the case last year after the Crown said it didn't have enough evidence to go to trial.

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Ethnic-vote controversy

Minister out pending review

MLA John Yap
THE CANADIAN PRESS

B.C.'s Multiculturalism Minister John Yap is out of cabinet pending the outcome of a review of a controversial government ethnic-vote strategy.

Premier Christy Clark says Yap has stepped aside until a review of a government-leaked strategy is completed. Clark apologized in the legislature for the strategy by government staffers who proposed to use the plan to entice ethnic voters in the run-up to the May provincial election.

THE CANADIAN PRESS

Avoiding public eyes

B.C. not recording key decisions: Info boss

B.C.'s information commissioner says the Liberal government isn't documenting some key decisions, allowing it to avoid public scrutiny under freedom-of-information laws.

Elizabeth Denham conducted an investigation into the increasing number of FOI responses that found there were no documents in government files.

In particular, Denham received several complaints from journalists when requests for information on the resignation of Premier Christy Clark's chief of staff, Ken Boessenkool, failed to turn up a single document.

THE CANADIAN PRESS

Ferry trial focuses on ex-lovers' affair

Karen Briker arrives at B.C. Supreme Court to testify at the Queen of the North passenger-ferry trial in Vancouver on Monday. DARRYL DYCK/THE CANADIAN PRESS

Criminal-negligence trial. Prosecutors have not said how the relationship fits into their theory about the crash

As the Queen of the North passenger ferry sailed on a collision course with a remote island off B.C.'s northern coast, Karen Briker found herself alone in the ship's wheelhouse with her former lover, navigating officer Karl Lilgert.

Several weeks earlier, Briker ended her six-month affair with Lilgert after deciding to stay with her common-law spouse, and they were now working alone together for the first time since the relationship ended.

But Briker, who testified Monday at Lilgert's criminal-negligence trial, said nothing of any consequence happened in the roughly half an hour they spent alone together before the ferry collided with an island. They barely even spoke, she said.

Lilgert had recently found out Briker had purchased a home with her common-law spouse. Lilgert asked her about the house while on the bridge, but the discussion was brief and calm, said Briker.

Details of their affair have been laid bare at the trial, but Crown prosecutors have yet to say exactly how the relationship fits into their theory about what happened that night.

The defence has insisted the affair was entirely unrelated to the sinking. Still, they have previously said Briker and Lilgert were in love and had discussed having children together.

Lilgert was the officer in charge of navigation when the ferry missed a scheduled course alteration shortly after midnight on March 22, 2006, and sailed into Gil Island. He is on trial for criminal negligence causing the deaths of two passengers.

Briker, a deckhand, was in the role of quartermaster at the time, and with the ship on autopilot, her role was to watch for hazards outside. She also testified that she didn't know how to take the ship off autopilot as it approached the island.

On the night of the sinking, Briker said, the ship was on autopilot, and at some point Lilgert ordered Briker to enter a large course correction into the system. It was a substantial turn, which Briker thought was unusual, but Lilgert repeated the order. Before she could make the change, Briker saw trees through a window that were illuminated by the ferry's lights.

"I then remember hearing him say something like 'Oh my God' or 'Oh no,'" Briker said.

"He then ordered me to turn off the autopilot and I told him that I didn't know how." THE CANADIAN PRESS

The affair

Briker and Lilgert first met when Briker was 19, she said.

- The affair started in 2005. Both Briker and Lilgert had spouses.
- Briker's spouse found out and left. He discussed getting back together if Briker ended the affair.
- Briker told her spouse it was over, but it continued for another two months, when a co-worker then told her spouse about it.
- When Briker decided it to finally end it, Lilgert "seemed fine," she said, and also wanted to work on his own relationship.

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Sledge hockey levels playing field for tween

A twist on the good ol' hockey game. Spinal-cord injury often leaves student out of activities, but not in this sport

EMILY JACKSON
emily.jackson@metronews.ca

Like many 12-year-old hockey players getting off the ice after scoring a goal, Karl Moeller flashed a thumbs-up sign.

But for Karl, the sledge-hockey game at Vancouver's Hillcrest Community Centre was more than a chance to show off his skills — it was a chance to share a sport with his classmates despite a T5 spinal-cord injury that often leaves him out of activities.

Karl lost sensation from the chest down after a 2008 car accident that claimed the lives of his two brothers, his mother, Maria Moeller, said at the rink Monday.

But sledge hockey has helped level the playing field, and Moeller hopes other kids with disabilities will realize the sport is available at the city community centre.

"For him, it's freedom that he's able to do sports," Moeller said. "There are a lot of kids out there that can't find a way to get out, but it is possible."

St. Francis of Assisi Elementary School arranged for her son's Grade 7 class to play the sport, which involves sitting in a sled with blades on the bottom and propelling oneself around the ice with two half-sized hockey sticks with spikes at the end.

Attending a sledge-hockey game before the Paralympics inspired Karl to get involved. His parents drove him to Surrey to play until Hillcrest bought the equipment, about 16 sleds at $1,000 each, in 2011.

Regardless of ability, anyone is welcome to play, said Melanie Josephs, the centre's access services recreation programmer. People can sign up for six weeks of Friday-night sledge hockey for $50, or they can drop in for $10.

Grade 7 students play sledge hockey at Hillcrest Community Centre on Monday. EMILY JACKSON/METRO

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BC Hydro. Dispute ends with homemade-bomb threat

A B.C. man allegedly threatened officers with a bomb made of jet fuel, a barbecue igniter and two Mason jars after BC Hydro employees tried to replace his meter.

The dispute occurred when BC Hydro employees tried to install an authorized meter at a Hope home last week due to safety concerns around use of an unauthorized meter that a couple allegedly took from an abandoned home.

But the employees had to call police after the couple threatened them with violence. And when the officers arrived, the threats escalated, according to Hope RCMP.

The man allegedly said that if a new meter was installed "people could lose their lives and police may have to kill him." The woman became agitated, allegedly threatened to hit and punch the police officer and kicked an officer after he arrested her.

The man then brandished his homemade device before police convinced him to disarm and then arrested him. The bomb was destroyed at the scene by the RCMP's explosive-disposal unit.

"This is an example that shows there is never a routine call for a police officer," Hope RCMP Staff Sgt. Suki Manj said in a statement.

EMILY JACKSON /METRO

Homemade bomb allegedly used to threaten police officers. CONTRIBUTED

North Vancouver

Fraudster asks for ride to impound, steals money

Good Samaritans should think twice before giving a stranger a ride to a car impound on the North Shore.

North Vancouver RCMP warned the public about a 50-something Caucasian man who asks for a ride to a local tow company to pick up a towed vehicle. In two separate incidents, according to RCMP, the fraudster convinced drivers taking him to the lot to lend cash for the rescue of his car, but then made off with the money.

RCMP suspect the man, described as six feet tall, could have more victims.

Anyone with information is asked to contact North Vancouver RCMP at 604-969-7549.

EMILY JACKSON /METRO

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Can B.C. really call Ontario's film tax credits unsustainable?

TV and movie jobs. Cultural Development Minister Bill Bennett sticks to decision to limit incentives

KATE WEBB
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As B.C. digests yet more evidence that it is hemorrhaging film and TV jobs because of Ontario's more generous tax credits, Cultural Development Minister Bill Bennett is sticking to his guns that what Ontario is doing is "not sustainable."

The Canadian Media Production Association released a report last month that shows B.C. lost 3,500 jobs from 2011 to 2012, while Ontario gained 7,900. Industry insiders estimate business has dropped 40 per cent in B.C. in the past year alone.

Ontario and Quebec offer Hollywood studios 25 per cent discounts on their total local expenditures, while B.C. offers a 33 per cent rebate on local labour costs only.

"Given one of this government's key commitments was a balanced budget, and recognizing Ontario is running deficits in the billions of dollars, we believe that level of tax credits is simply not affordable or sustainable for this province," the Minister told Metro in an email.

But what exactly does the term "sustainable" mean when used to describe a tax credit?

Economic analyst Aaron Murray, who authored an economic impact study last year for the Saskatchewan film commission and Chamber of Commerce, explained:

"A tax credit is supposed to be, basically, recouping the investment, so if you have an $8-million tax-credit fund, that tax-credit-related activity should create enough taxes back to the provincial government to cover that off."

But there's a crucial caveat, he noted: "If that math hasn't been done, you really can't tell."

Interprovincial competition and bureaucratic wrangling over what a return on investment actually means have so far kept B.C. and Ontario from comparing notes on the net costs of their respective tax schemes.

For what it's worth, Murray's report found that after spending $7.8 million annually on tax credits for an industry that employed 850 people before its scheme was cancelled last year, Saskatchewan was able to recoup $6.5 million in taxes. Thus, its net expenditure was $1.3 million.

Operating at some sort of net loss, in order to keep and generate creative jobs and diversify economies, is the norm in most North American states and provinces with film tax credits, he added.

B.C.'s industry is worth $1.2 billion and employs 25,000 people, at a projected cost of $330 million in tax credits this year. But how much of that will come back to the government, apparently no one can say.

A Vancouver Film School student works on the set of Pendant in Delta in September 2010. COURTESY OF VANCOUVER FILM SCHOOL VIA FLICKR

From the 2012 report Impact of Film Employment Tax Credit on the Film and Video Industry of Saskatchewan. DEREK MURRAY CONSULTING & ASSOCIATES

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Dancing Down Under.
Australian miners fired over Harlem Shake video

Up to 15 miners were fired from their high-paying jobs in an Australian gold mine after a Harlem Shake performance underground was deemed a safety hazard, a newspaper reported on Monday.

A YouTube video shows eight miners wearing safety gear while performing the convulsive dance in the Agnew Gold Mine last week. The West Australian newspaper quoted a sacked worker who wouldn't give his name as saying up to 15 people were fired, including some who watched the performance but did not participate.

Mine owner Barminco considered the stunt a safety issue and a breach of its "core values of safety, integrity and excellence," according to a dismissal letter cited by the paper.

It's not clear from the video what safety issues are raised.

THE ASSOCIATED PRESS

Kenya. Election violence evokes past bloodshed

Kenya's presidential election drew millions of eager voters Monday, but the vote was marred by violence that left 19 people dead, including four policemen hacked to death by machete-wielding separatists.

Many feared the impending election results could spark another round of ethnic-related bloodshed. More than 1,000 people died after a 2007 vote.

A tally found that four police and three separatists died in Mombasa, while six government officials, four separatists and two civilians died in attacks near the city of Kilifi, all according to police and mortuary officials.

THE ASSOCIATED PRESS

Police hunt suspect in death of young family

Newborn lost. Baby delivered after parents were killed in car crash died early Monday

Members of Brooklyn's Hasidic Jewish community demand justice, a spokesman said. JOHN MINCHILLO/THE ASSOCIATED PRESS

A close-knit ultra-Orthodox Jewish community in Brooklyn was plunged into a new round of mourning Monday by the death of a baby who was delivered by cesarean section after his parents were killed in a hit-and-run crash a day earlier.

Police hunted for the suspected driver, identified as Julio Acevedo, saying he was barrelling down a residential street in a BMW at 100 km/h, twice the speed limit, early Sunday when he collided with a car hired to take the couple to the hospital for an illness.

The baby was buried near the fresh graves of his parents, Nachman and Raizy Glauber, both 21, according to Isaac Abraham, a spokesman for the Hasidic Jewish community. About 1,000 community members turned out for the young couple's funeral a day earlier.

The baby weighed only about four pounds when he was delivered, neighbours and friends said. He died of extreme prematurity, according to the city medical examiner's office.

Acevedo, 44, was arrested last month on a charge of driving while under the influence, and the case is pending. He served about a decade in prison in the 1990s for manslaughter.

THE ASSOCIATED PRESS

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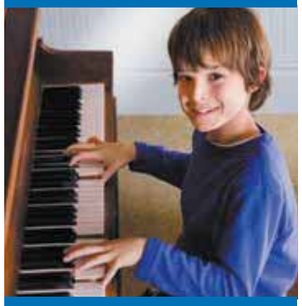

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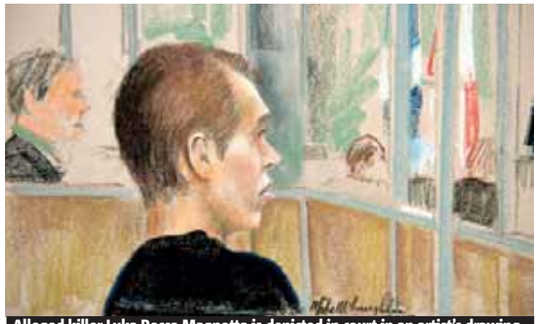
Magnotta wants to keep hearing private

Dismemberment case. Lawyer for accused asks for Montreal courtroom to be cleared of all but judge, lawyers, clerk



Alleged killer Luka Rocco Magnotta is depicted in court in an artist's drawing on Jan. 9 in Montreal. Magnotta is charged with first-degree murder in the slaying and dismemberment of Chinese engineering student Jun Lin.
MIKE MCLAUGHLIN/THE CANADIAN PRESS

When Luka Magnotta returns before a judge for his preliminary hearing next week in Montreal, he'll seek to have the public banned entirely from the courtroom.

While a publication ban on evidence heard at a preliminary hearing is normal, Magnotta's lawyer has also asked to bar everyone from the room except the judge, the lawyers in the case and the court clerk.

The motion states that the grounds for the request stem from an unspecified reason related to Magnotta's personal and medical history, which have not been disclosed in the document.

The motion was filed in Quebec Court last Thursday by Luc Leclair, Magnotta's Toronto-based lawyer. It will be debated next Monday.

Magnotta is charged with first-degree murder and other offences in the slaying and dismemberment of Chinese-born student Jun Lin last May.

His preliminary hearing is expected to last at least two weeks and several dates could be added in June, if necessary.

His brief appearances since his arrest have been the subject of heavy media coverage.

THE CANADIAN PRESS

Ashley Smith. Troubled inmate was treatable, psychologist tells court

Troubled young inmate Ashley Smith wanted to work on her behaviour to get out of her near-constant segregation, but before any real progress could be made she was shipped off to yet another institution, an inquest heard on Monday.

Smith had been in secure isolation at a youth facility before she was transferred to the Nova Institution for Women in Truro, N.S., on Oct. 31, 2006.

Psychologist Allister Webster, who worked at Nova while Smith was there, ended up spending a total of only 21 days assessing or treating Smith. In the few months she was at Nova she self-harmed and otherwise acted out a lot, but had also signed off on a therapy plan to get out of segregation, Webster said.

"There wasn't much time to do anything beyond trying to set some groundwork that we might be able to build on, and then she was gone," he said.

She eventually withdrew her consent for treatment, but Webster still believed she could be helped, he said.

Ashley Smith
HANDOUT/THE CANADIAN PRESS

THE CANADIAN PRESS

Human Rights Council

Canada–UN food envoy spat is back

The Harper government is formally at war once more with a United Nations agency.

The UN right-to-food envoy, Olivier De Schutter, says Canada can't credibly preach human rights on the international stage when too many of its own citizens are going hungry.

"I think it is in the interest of Canada itself to have an absolutely stainless reputation," he said.

His comments come on the heels of a report De Schutter released on Monday in Geneva at the UN Human Rights Council that cited several Canadian government policies as impediments to fighting poverty.

The government accuses De Schutter of overstepping his mandate and not understanding Canada.

THE CANADIAN PRESS

Child sex abuse

Retired priest, 90, gets house arrest

A retired Catholic priest has been sentenced to six months of house arrest after pleading guilty to sex crimes dating back more than 50 years. Father William Hodgson Marshall, 90, pleaded guilty Monday in a Windsor, Ont., courtroom.

CKLW/THE CANADIAN PRESS

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Surprise! Target decides to open its doors early

Canadian debut. U.S. retail giant fast-tracks launch of three stores

Shoppers on the hunt for a bargain will get their first chance to see Target in Canada starting Tuesday as the U.S. retailer opens its doors north of the border at three locations.

The stores, situated in the southern Ontario communities of Guelph, Fergus and Milton, will serve as testing grounds for a phased rollout of the brand across much of the country later this year.

The three stores will begin welcoming customers Tuesday morning as part of the retailer's "soft launch" opening.

Another 21 stores will open this month throughout Ontario, though specific dates and locations haven't been announced. The chain's "grand opening" is still slated for April.

"We wanted flexibility to make sure we open when we are ready," said Target Canada president Tony Fisher as he toured reporters through the Guelph store on Monday. "It's important that we can test and work out any of the bugs and kinks that we might find."

What does Canadian Tire think of Target's appearance north of the border? These signs, situated in the parking lot of the new Target store in Guelph, Ont., give a hint. DAVE CHIDLEY/THE CANADIAN PRESS

Cross-country rollout

- Overall, Target is expected to open between 125 and 135 locations in Canada. After the Ontario rollout, it will begin moving into provinces in the West and eventually into Quebec. None of those opening dates have been announced.

Even Target employees didn't know until this week that the Guelph location was opening so soon, the company said.

A study from Brand Finance Canada released Monday found that Target's brand strength in Canada is already considered nearly as valuable as domestic retailers like Loblaws, Canadian Tire and Shoppers Drug Mart.

THE CANADIAN PRESS

Energy drink debate

Monster says there's no proof 'caffeine toxicity' killed teen

Monster Beverage is hitting back at a U.S. lawsuit alleging its energy drinks were responsible for the death of a 14-year-old girl, saying that no blood test was performed to confirm that the girl died of "caffeine toxicity."

The disclosures come amid intensifying scrutiny of energy drinks. The suit filed by the girl's family said she went into cardiac arrest after drinking two 680-gram cans of Monster drinks in a 24-hour period.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
97.30¢
(-0.06¢)

TSX 12,707.41 (-65.71)

OIL $90.12 US (-$0.56)

GOLD $1,572.40 US (+10¢)

Natural gas: $3.54 (+8¢)
Dow Jones: 14,127.82 (+38.16)

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THANKS FOR THE MAMMARIES

SHE SAYS

Jessica Napier
metronews.ca

The childhood adage that "my body's no body's body but mine" doesn't exactly hold up in a culture obsessed with judging other people's physical appearance. It seems our private bodies — and women's especially — are a public commodity to be consumed, discussed and evaluated.

Much of the discussion around the recent Academy Awards broadcast focused on physical bodies rather than bodies of work. Host Seth MacFarlane dedicated an entire song-and-dance routine to breasts and then went on to praise the female celebrities in attendance for "contracting the flu" (i.e., starving themselves) in order to whittle their waistlines before the ceremony. Best supporting actress winner Anne Hathaway received much more attention for her nipples than her on-stage performance during the Les Misérables number. Similarly, in 2012 Angelina Jolie's right leg dominated the red-carpet conversation on screen and online; one year later there are still over 10 different Twitter accounts dedicated to her exposed limb, although the original @AngiesRightLeg account has since been shut down.

Lena Dunham, the creator and star of HBO series Girls, has been applauded and criticized for deliberately exposing her naked and normal-looking (gasp!) body in almost every episode of her hit TV show. Her unapologetically average flesh — Dunham actually happens to have some weight on her stomach, butt and thighs as opposed to 99 percent of the other women in Hollywood — takes centre stage in much of the discussion surrounding the show. Ballsy writing and poignant story lines be damned — let's talk about those stomach rolls!

Of course, it's not just celebrities who are subjected to this form of superficial scrutiny; the media has a tendency to reduce public figures to, well, figures.

News stories about Michelle Obama spotlight her wardrobe choices, sculpted arms and recent haircut (bangs!), while Justin Trudeau's voluminous hair has even managed to secure its own Twitter account with over 1,000 followers.

There's no doubt that other people's bodies are fascinating, but it's scary to think that lustrous locks might help an ambitious politician become the next prime minster.

Twitter parody accounts that give individual limbs their own online personality might be provide some cheap LOLs, but this relentless objectification of body parts demonstrates just how lazy our generation of smartphone-wielding armchair critics has become.

Sadly, it's just so much easier for us to admire Trudeau for his hair than educate ourselves on his policies or to gawk at Dunham's exposed butt than consider the implications of the sexual politics at work on her show.

When we focus our attention on a person's body — what it should look like and how much of it we want to see — we're not only ignoring more significant conversations, we're elevating the importance of the body and undermining the true value of the individual.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Earth's cut is the deepest

CONTRIBUTED

Scientists probe our planet

Scientists are boldly going deep, deep underground to study the movement of carbon kilometres below the Earth's surface. Early results from the historic 10-year, $500-million research project outline strange new worlds right out of science fiction: colonies of microbes millions of years old, hydrogen-eating life forms and natural gas seeping from chemical processes within the bedrock itself.

The discovery of vast reserves of buried carbon may suggest solutions to the climate-change crisis on the surface. And the Earth's deepest recesses also suggest how life might behave on other planets.

THE CANADIAN PRESS

Volcanoes spit it back

What Deep Carbon has found — so far — is that unimaginably huge amounts of buried carbon have been involved in an intricate and stately dance with life since almost the beginning of the planet.

As long as 3.8 billion years ago, biological processes were breaking down the young Earth's relatively uniform rock, concentrating their carbon and forming different rock types.

The slow drift of continental plates drives carbon-rich rocks from the surface deep underground. Eventually, that carbon comes back as erupting volcanoes belch carbon dioxide, linking the processes of the surface to underground. THE CANADIAN PRESS

Clickbait

From Timon and Pumbaa to Kung Fu Panda, there is nothing like a talking animal. These top animal Twitter accounts keep you updated on the latest from your furry or feathery friends.

@horse_ebooks
"I adore key limes and am always on the lookout for new ways" Inexplicably, this spambot set up to flog e-books has acquired over 150,000 followers. But follow and you'll see why — his/her zen-like tweets confuse and delight, even if they tend to cut off halfway for no reason.

@contrastamanda
"I just squirted 12.3 kgs of milk out of my teats in 5:44 minutes. What did you do today?" Amanda, a real-life Ontario cow, was hooked up to Twitter by her farm in 2010. Sadly, no moos have come from Amanda recently. We hope she hasn't gone to the giant steakhouse in the sky.

@50ShadesChicken
"It's not food porn till you get out the twine." Parody accounts on Twitter are a curious mixture of pain and pleasure, but this account for a best-selling poultry parody cookbook has even managed to entice users who haven't heard of the notorious E.L. James novel.

Twitter

@metropicks: See these city-living "penalty cards"? http://ow.ly/iblbu What sidewalk behaviour annoys *you* most? Tell Metro!

@Dragoniser: @metropicks Idiots on there cell phones not watching where they are walking.

@goodnighthush: @metropicks on rainy days when people walk under awnings with their open umbrellas not moving or adjusting for those without one.

Want to get your tweets here? Follow @metropicks on Twitter for the best of Metro's writers and take part in our daily poll.

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SCENE 2

DVD review

The Master

Director. Paul Thomas Anderson

Stars. Philip Seymour Hoffman, Joaquin Phoenix, Amy Adams

Joaquin Phoenix plays raging id to Philip Seymour Hoffman's controlling ego in Paul Thomas Anderson's rich Freudian bromance. Circa 1950, Phoenix's Freddie Quell returns stateside as an alcoholic drifter following Second World War navy service. He meets by chance Hoffman's Lancaster Dodd, the smug, powerful and charismatic leader of a quasi-religion known as The Cause (read Scientology). The two vividly sketched characters engage in mind games as Dodd, whose minions call him The Master, attempts to redeem the fallen sailor — or is it the other way around?

PETER HOWELL

The Twilight Saga: Breaking Dawn — Part 2

Director. Bill Condon

Stars. Kristen Stewart, Robert Pattinson, Taylor Lautner

In this fifth and concluding chapter (finally!) of the young vampire romance franchise, a dreary series manages to find a pulse. It does so not through the drama, which is goofier than ever, but through comedy, some of which is actually intended.

PETER HOWELL

Star of Red Widow weaves a tangled web

Art imitates life. Radha Mitchell finds personal life parallels in her character in new CTV Two series

NED EHRBAR
Metro World News in Hollywood

Red Widow airs on CTV Two on Sundays at 10 p.m. EST. HANDOUT

Radha Mitchell comes to television with Red Widow, playing a woman forced to pick up her husband's criminal activities after he's killed. It's juicy stuff, to be sure, and just what the Australian actress — known for film roles such as Silent Hill, Finding Neverland and Man on Fire — had been looking for.

"Marta Walraven is pretty much my dream character to play," Mitchell says.

"Basically she's a woman who has been avoiding her criminal upbringing by living the life of a soccer mom and is suddenly dragged into a world that she's been trying to avoid pretty much her whole life when her husband is assassinated in relation to a drug incident. And in the process she discovers things about herself and talents that she didn't know she had."

Mitchell says she relates quite a bit to her character, though she's wary to get into specifics.

"Well, I guess the parts that I relate to I probably wouldn't really want to share," she says with a laugh. "But in terms of being thrown into a situation, I think even just coming to America when I did initially was a very exciting adventure and was at times intimidating and scary. I came out when I was, like, 23 or something. I didn't know anybody and I was staying on my manager's couch. But it was probably one of the most exciting junctures in my life because, you know, it was all about what could happen. I mean it wasn't scary in the same way, but yeah."

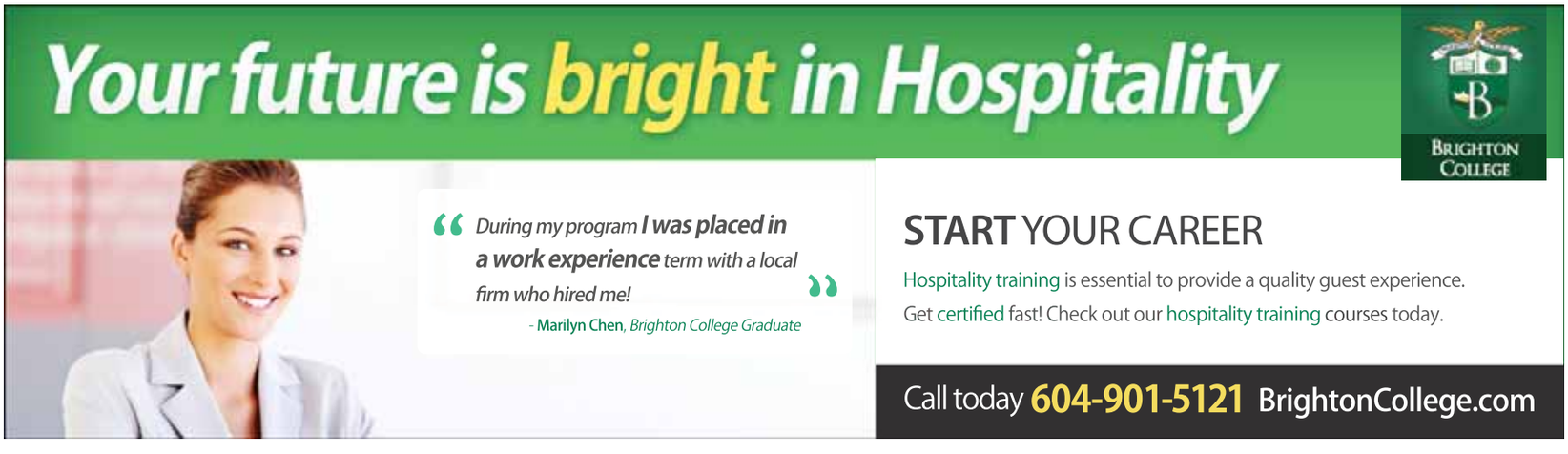
So with a move to television — something very common for film actors these days — does that mean Mitchell's not looking for movies right now?

"I'm over films," she jokes. "I was actually sort of at this point in my life. And also, I feel like exciting characters are on television right now."

A whole new world

"I think even just coming to America when I did initially was a very exciting adventure and was at times intimidating and scary"

Radha Mitchell on relating to her character in Red Widow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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hollywood's next pint-sized power couple?

THE WORD
Dorothy Robinson
scene@metronews.ca

In today's Lifestyles of the Rich and Famous: The Prepubescent Set, it looks like Jaden Smith, 14, and Kylie Jenner, 15, are going steady.

"They're dating," says a source close to Jenner. "It's new, but they've been friends forever."

Jaden, who was in London recently for Justin Bieber's 19th birthday party, took Jenner to Caffe Nero in London's Piccadilly Square on Sunday.

Jenner was previously dating Australian pop star Cody Simpson. So this is it. Welcome to your future: We're going to be reading about who these two are dating for the next 30 years. Starting now. Horrifying, isn't it?

Biebs explains why he bashed his own birthday

Justin Bieber

Justin Bieber is taking issue with reports that he had the "worst birthday" — as he referred to Friday's celebration via Twitter — because some of his friends were barred entry to the nightclub where he was celebrating.

"The funny moment when people believe I brought underage people to a club," Bieber says in a post on Instagram. "I love how the club wanted to give the press another reason to why we didn't stay at their weak-ass club so they wouldn't look bad for me walking in and right back out."

As for what was behind his enigmatic two-word tweet? "I said 'worst birthday,' but that was due to dummies pushing over my fans and being overly aggressive," he writes. "It wasn't the worst birthday because all my friends from back home flew in. I was just mad in the moment."

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The 50 Shapes Workout

Fitness. A new workout promises to get you toned and flexible enough to reenact the tricky sex positions in the Fifty Shades trilogy. Creator Kristen James explains how self-love, strength and stamina equals great sex

ROMINA McGUINNESS
romina.mcguinness@metro.lu

You don't say no to this personal trainer. THINKSTOCK

Throughout the Fifty Shades trilogy, the main protagonists, Anastasia Steele and Christian Grey have "ridiculous, off the hook sex" every other day, Kristen James, the fitness trainer behind the 50 Shapes Workout tells Metro.

"I kept hearing women say, 'Who has the stamina or the flexibility for that kind of sex?'

"Anastasia wasn't just on her back. She was contorted all over the place."

But that's fiction. According to James, women are exhausted. "They don't have enough stamina in the bedroom."

James wanted her workout to help women look and feel better. "You should never have to turn the lights off during sex. I want them to develop the strength and confidence to reenact the crazy positions described in the books."

IN FOCUS: THE 50 SHAPES WORKOUT

The Pilates based exercises are designed to help you execute moves from the book. "The better you feel about your physical appearance, the more empowered and able you are to pleasure yourself and your partner," says James. "Over time, the workout will create long, limber muscles and help you bend over in a pair of really high heels."

Here's what it will help you achieve:

A strong core

With age, women tend to hold body fat around the mid-section. The stomach area is what women dread the most, explains James, but doing moves that work your core will tighten things up. "A man likes to grab on to a nice cushy bum. Not a flabby tummy. Develop your core strength here (abs, obliques, lower back) and everything becomes much easier to execute," she adds.

Your abs will be on fire by the time you're done with the workout.

A taut pelvic floor

Kegel exercises will intensify your orgasms, says James. "After childbirth, the muscle is all stretched out and women may become a little less sensitive. Your pelvic floor is a muscle. If you strengthen it by doing Kegels, it will get so tight and taut so that when you do reach climax — sensations will be 10 times more powerful."

Get started by doing three sets of 10 James' Seductive Squats a day.

Toned legs & bum

Doing the Lusty Lunges will target the little pockets of cellulite that tend to appear on the side of the thighs. The Bend Over Better move will tighten your glutes. Stick to the workout for 30 minutes, three times a week for "a better, bolder sex life."

To purchase the 50 Shapes Workout, go to kristenjamesfitness.com.

Sample sexercises

Night moves

James says she incorporated more flexibility training and core strength into common exercise routines. "All you need is a mat and chair. And a bed for later."

Seductive Squats

Stand with your feet wider than hip width apart and turn your toes out 45 degrees. With a neutral spine, elevate up onto your toes and lower your hips down to knee height. As you return up, perform one Kegel contraction.

Bend Over Better

Stand with your feet hip width apart, toes facing forward. Soften your knees. With your back flat, extend forward touching your toes. As you rise, elevate up onto your toes and extend your arms overhead.

Lusty Lunges

Stand with your feet wider than hip width apart and your toes facing forward. Lunge to the side deeply into one leg being sure to sit back into your glutes as you descend. Reach for your toe with the opposite hand as your other arm reaches overhead allowing for some rotation to your spine.

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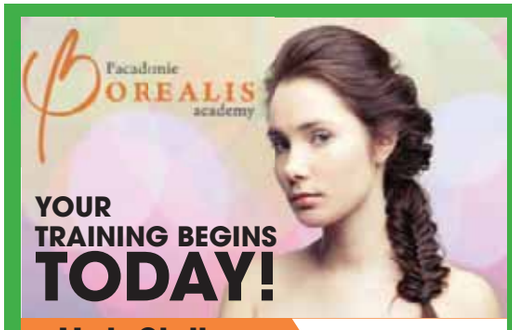

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Why you need to check in with your doc

Annuals. Here's what your physician is looking for when you go in for your physical

DR. MARK MELROSE
Metro World News

An annual physical by your primary care physician is meant to provide a baseline window on what is normal for you and detect abnormal conditions or disease states that may not present any symptoms before causing you harm. Here's what we're looking at when you see us:

Vital signs
These are a basic dashboard measure of how hard your body is working and include: temperature (normal is 98.6 F); pulse (60 to 100 per minute); blood pressure (120/80); respiratory rate (10 to 16 breaths per minute); oxygen saturation (how much oxygen is dissolved in your blood, which should be 96 to 100 per cent). Fever, dehydration, anemia, or disturbances in your metabolism or the circulatory or respiratory systems can influence any or all of these parameters and give an indication of your overall well-being.

CBC (complete blood count)
This is a measure of the number and type of cells in the blood. Red blood cells carry oxygen and require sufficient dietary iron for normal levels. Too few red blood cells result in anemia, causing a lack of energy and fatigue, or in severe cases, headaches, fainting or breathlessness. White blood cells help to fight infection and if elevated indicate infection or inflammation somewhere in your body. Very high WBC levels can be an indication of leukemia, a form of blood cancer. Platelets are the components of your blood that initiate normal clotting and can result in bleeding if too low, or harmful blood clots if too high.

Checking basic vital signs are an important part of any check up. ISTOCK

Urine analysis
This office test looks for evidence of too much sugar, acid, protein and red or white blood cells in the urine. Abnormal findings may be a sign of diabetes, kidney stones and kidney inflammation or infection.

Thyroid hormones
The thyroid gland is the body's master thermostat and controls your overall rate of metabolism. Too much and you may be hot, experience heart palpitations and have a tremor. Too little and you may be sluggish, gain weight and feel cold.

Cholesterol
This is needed to build healthy cell membranes in every part of the body. Too much cholesterol causes premature hardening of the arteries, which can lead to cardiovascular disease or strokes. Too little and your body will fall apart, literally!

Chest X-ray
This can find abnormal nodules that may suggest cancer, an enlarged heart or evidence of infectious disease or inflammatory conditions.

EKG (electrocardiogram)
This looks at the electrical activity of the heart and can detect abnormalities in rhythm and heart size or show evidence of strain or injury as a warning sign or evidence of a heart attack.

Breast, rectal, testicular or pelvic exams
These exams, though briefly uncomfortable, are designed to find signs of cancer and may actually save your life if suspicious findings are discovered early, before you have other, more obvious symptoms.

MARK MELROSE, DO, IS A BOARD-CERTIFIED EMERGENCY PHYSICIAN AT URGENT CARE MANHATTAN.

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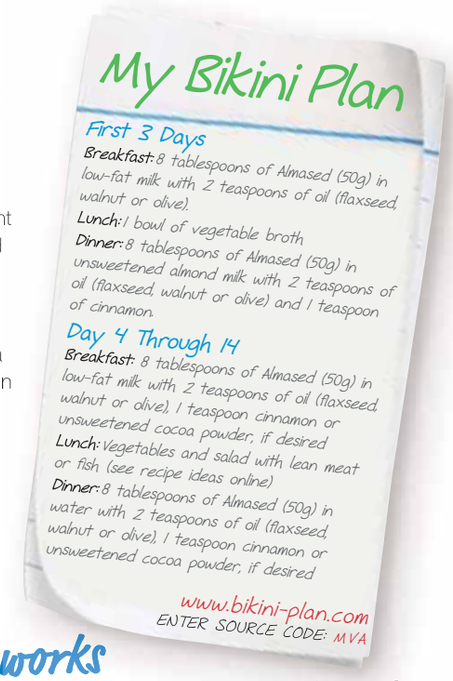
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Season for home improvements

Value. Different ways you can finance your project to spruce up your home

YLVA VAN BUUREN
For Metro

Home improvements can increase the value of a home — and often make living there more enjoyable, too. JUPITERIMAGES/GOODSHOOT/THINKSTOCK

Home improvements can increase the value of a home — and often make living there more enjoyable, too. Here are the most popular ways to borrow money to fix up your home this spring:

- Secured LOC: If you have equity in your home, probably the best, most convenient, and lowest interest rate product is a home equity line of credit. They can be had for prime plus a half a percent, says David Smith, a mortgage broker and partner at Oriana Financial, Toronto.

"An LOC gives you the flexibility to draw money when you need to and pay it back when you're able," says Judi Forbes, branch manager, Meridian Credit Union, Courtice, Ont. While there are usually fees, they are worth it if you are doing big renovations, she says.

- Unsecured LOC: "If you need a small amount, for example $10,000, I recommend looking at an unsecured LOC because there are no other fees," Forbes says. "The interest rates are higher but relatively low for borrowing."
- Refinancing: If you have equity available in your home, refinancing your home is a great option, says Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning. "If you took out a mortgage five years ago, refinancing the mortgage now to bump it for renovations will also likely get you a lower rate."

Often, when you refinance the existing mortgage, the financial institution will take the interest rate you are paying now, add the renovation funds to the amount, and blend those rates to whatever term you choose.

Should you get an LOC or refinance? It can depend on your borrowing habits, says Forbes. "If someone always carries a balance or max's out their credit cards, I would recommend refinancing the existing mortgage because it puts them on a regular payment plan."

Riding the interest rate train

Interest rates are at a 60-year low, which makes borrowing money for home ownership — and improvement — very attractive. But how long can these rates last?

"As long as the United States is committed to a zero interest policy we really can't raise our rates either," says David Smith, a mortgage broker and partner at Oriana Financial, Toronto. "I think we've got a good two or three more years to ride this train."

The Bank of Canada sets the bank rate, which is the rate of interest it charges major financial institutions when they borrow money. Then, the financial institutions set their own rates depending on the product, various market forces, and their own profit margins.

"The cheapest money is always money that's secured on a property," Smith says.

That means mortgages and secured lines of credit are the most inexpensive right now. Keep in mind that lines of credit are generally not as low because they are "revolving," Smith explains. "You can pay the money back and then re-borrow it while a mortgage doesn't typically allow you to do that."

Loans that are not secured on property are markedly more expensive, and credit cards carry the highest interest rates at 17 to 20 per cent, and as high as 29 per cent for store credit cards.

Experts recommend that consumers shop around and weigh interest rates against the product and the term.

You will find five-year rates for less than three per cent. "We're doing 10-year mortgages for about 3.65 percent," Smith says.

"I think in five years, rates will be significantly higher than they are now. So, yes, I'm doing five-year mortgages at 2.89 per cent and it is more expensive to take the 10. But you'll be protected in the long run."

YLVA VAN BUUREN

Are you looking for a new car? You will likely need financing for your new toy, so do your homework before borrowing. ISTOCKPHOTO/THINKSTOCK

Borrowing. Do your homework

KELLY PUTTER
For Metro

Time to trade in that old junker for a shiny sports car? Or perhaps you are jonesing for serious summer cruising on a new Harley or powerboat?

Either way, you will likely need financing for your new toy so what are the best ways to borrow without getting burned?

As practical and dull as this may sound, do your homework first, recommends Scott Hannah, CEO of Credit Counselling Society, one of Canada's largest organizations that helps people manage money and debt.

"People spend a lot of time looking at the features of their new toy," Hannah says. "But they've likely only spent about 15 minutes analyzing whether or not they can afford it."

Go online and find out. Think about worst-case scenarios: What if I lose my job? How much should I put down on the purchase? Do I have enough emergency savings on hand to pick up the slack if something happens?

Can you afford it?

"People spend a lot of time looking at the features of their new toy. But they've likely only spent about 15 minutes analyzing whether or not they can afford it."

Scott Hannah, CEO of Credit Counselling Society

It's always best to use cash on depreciating assets such as cars. But if that's not possible it's important to shop around for loans. Hannah suggests starting with the manufacturer's financing deal. Then see if your bank or credit union can match it. Be wary of low or no interest loans since manufacturers have built those savings into the cost of the vehicle and there is typically less room to negotiate on price.

When purchasing items that have a shelf life such as a vehicle, don't use a line of credit or low-interest credit card that offers rewards points, Hannah says. As attractive as they might be, it's better to get a low-rate term loan with a fixed payment since you will pay less interest and likely pay the loan off sooner.

The current interest rate on personal loans ranges from five to seven per cent. An unsecured line of credit runs one to four per cent, while credit cards generally hover around 20 per cent.

So if you are a good credit risk borrowing $20,000 over 72 months at 1.9 per cent, your monthly payments will be $295 and interest will cost you $1,245 over the life of the loan. By comparison, if your credit rating is poor you will pay six per cent in interest, which raises your monthly payments to $387. Over a 60-month loan period, the interest will be $3,250, nearly triple that of the borrower with good credit.

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Stuff salmon to perfection with olives and tomatoes

ROSE REISMAN
for more, visit
rosereisman.com

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

This olive and sun-dried tomato mixture is incredible with salmon, but it also goes well with halibut or sea bass.

If you don't have both types of olives on hand, remember that green have a more intense flavour and black are milder. If you like, add some thinly sliced olives as a garnish.

Ingredients

- 3 tbsp chopped black olives
- 3 tbsp chopped green olives
- 3 tbsp chopped rehydrated sun-dried tomatoes
- 2 tbsp seasoned breadcrumbs
- 2 tsp olive oil
- 1 tsp crushed fresh garlic
- 1 tsp Dijon mustard
- Four 4-oz skinless salmon fillets
- 3 tbsp chopped fresh parsley

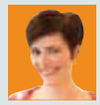
1. Preheat the oven to 425 F. Spray a baking sheet with cooking oil.

2. Finely chop the olives, sun-dried tomatoes, breadcrumbs, oil, garlic and mustard, either by hand or using a small food processor.

3. Make a 1/4-inch vertical slit through the top of each salmon fillet to within 1/4 inch of each end. Divide filling and stuff the fish. Bake in centre of the oven 10 minutes per inch of thickness. Garnish with fresh parsley. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Caviar of the people



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Caviar is an exclusive delicacy of fish eggs from sturgeon fish but there are other fish roes equally high in taste, vitamin B12, fat soluble vitamins including the nutrient du moment, vitamin D.

Culinary cultures from all over the world have made use of the roe from more plentiful cod, lumpfish and mullet. Search in French, Italian, Greek or Asian communities for the best selection.

- Poutargue is a Marseille, France specialty making use of the entire mullet fish egg sac which is salted, pressed and cured just like an Italian Prosciutto. It is meant as a thinly sliced garnish and is outstanding.

- Taramasalata is the Greek dip made from mashed potato, cod roe, olive oil and lemon juice.

- Lumpfish roe is the larger orange eggs found on sushi. Its bright orange colour and very salty pop add dimensions of flavour.

Fish eggs are highly salted and naturally high in cholesterol, but they are most often only enjoyed in small amounts as garnish. Go ahead, dine like the kings. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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metro

Lunch. Steamed Clams

Ingredients

- 2 tbsp vegetable oil
- 1 tbsp grated fresh ginger
- 1/2 cup chopped scallions
- 3 large cloves garlic, minced
- 1 tsp Chinese chili sauce
- 1/2 cup dry white wine
- 1/2 cup low-sodium chicken broth
- 3 dozen littleneck clams
- 3 cups blanched and coarsely chopped broccoli rabe
- 1/2 tsp sesame oil
- 8 thick slices country-style bread, toasted

1. In saucepan, heat oil over med-high. Add ginger, scallions and garlic; sauté 1 min. Add chili sauce, wine, broth, clams. Cover and cook until clams start to open. As they do, transfer to bowl. Discard unopened ones.

2. On med heat, return clams and any liquid to pan. Add rabe; cook until heated. Add oil and stir. Divide clams and rabe, along with cooking liquid, between 4 shallow bowls. Serve with bread. THE ASSOCIATED PRES

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Savouring family dinnertime

The chef. Metro talks to Vikram Vij about eating with your kids and his upcoming online cooking show

THERESA ALBERT
life@metronews.ca

Vikram Vij with his wife Meeru Dhalwala. PROVIDED

Vikram Vij, an award winning chef in Vancouver, wants to help you find time for family meals. His mission starts in the form of Canada's first live online cooking show.

His simple Indian meal is family friendly and he will show you step by step in a cook-along live video broadcast with Metro at metronews.ca/vijcooklive this Thursday at 6 p.m. ET.

Better yet, questions can be tweeted live during the show using the hashtag #vijcooklive.

Did you grow up eating with your family? In Canada?
I grew up in India and left home at 19. There, it was a cultural routine to have family dinner because my dad was very strict and he insisted on dinner at 8 p.m. every possible night. Even at 17 years old, when I had plans to go out and eat with friends, he would insist that we sit and listen to talk. At the time, it seemed too strict but my father wanted to connect with his family and it taught me not to gallivant like some of my friends were, which kept me out of trouble. Now as a parent myself, I can't do this every night, but on my days off at home it is a more formal affair on Sundays and Mondays where the kids set the table and we cook, savour and appreciate.

How old are your kids?
My children are now 14 and 16 and I find I learn a lot around the dinner table just listening to them talk to each other about their lives and their friends. There is also an opportunity to model moral lessons. It is an osmosis process. They see everything in the interaction between the parents. I learned social lessons at the dinner table watching my father dominate my mother, who was a typical Indian woman. I learned to protect my mother when she needed it. Kids learn to resolve conflict in this setting and remove themselves from it when it isn't appropriate for them to be involved. Eating together keeps people interacting and that is an important part of life.

Is this a job, career or mission?
Feeding people has deep roots of awareness of cuisine and culture for me growing up in India. I love Canada, it is my home now, but sharing my homeland is a passion. More than anything, eating together is important, but in my culture, we serve food as a symbol of sharing. It is a mission and goal to get kids eating real food and to get families talking again.

What is so great about eating with the family? Most families bicker!
What's wrong with slight bickering? If you are using pots and pans in the kitchen, it's going to make noise. If you have people coming together, they are going to make the same noise. It's natural. That's what life is all about. The problem happens when the noise becomes too loud, but people have to understand how to handle that too. You can't be fearful of the discussion. I would rather have someone to bicker with than be alone and eating. Humans need to discuss and debate, it's natural.

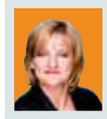
What's your take on picky kids? Is it a North American phenomenon?
My dad was the child at the table because he didn't like spicy food, but for me, I always wanted it spicier. Now, one of my children doesn't like spice. I find that funny. The thing parents need to be sure of is that kid's bodies will tell them to eat. They will eat what is put there. The only trick is to slowly integrate flavours into the meals and get them accustomed to it. It builds cultures to share food and experiences. In this world, we need to have friendships among cultures. It increases the tolerance level of differences.

How many families do you know who are all home at the same time? Are we being impractical?
Listen, family meals don't mean that you have to be all together all the time. The effort needs to be made, that's it. The physical art of being together in the room, sharing food simply needs to be a goal. Split shifts can work, come back to the table for a cup of tea and talk. Or it can be lunch or breakfast. Let's communicate.

Cooking with Vij

- Want to cook along with Vij? A complete shopping list and the recipes for his online cooking show are available for download at metronews.ca/vijcooklive.
- Remember to go online Thursday at 6 p.m. ET for Canada's first live online cooking show.

Learn to safeguard your savings



YOUR MONEY
Alison Griffiths
money@metronews.ca

A Vancouver acquaintance recently told me about his financial mess. He had owned a condo, which he loved, in Vancouver near foodie heaven, Granville Island. During the rising market he decided to buy down and put a big chunk of cash into his thin retirement savings. The moment he put the condo up for sale last spring, the market softened. He gambled by purchasing a cheaper condo, which had just dropped significantly in price.

His reasoning was that he got such a good deal on the purchase he could afford to take less on the sale of the existing condo and still come out ahead financially.

But prices softened again and as a result he owned two condos in a falling market. Eventually he was forced to sell the condo he loved to pay for the one he didn't. Worse, he didn't pocket any additional cash. Now at the age of 59 he feels he's ruined his future.

What's the lesson here? First and foremost, protect what you've got, particularly as the years roll on, because you have less time to recover losses.

A new Investor Education Fund (getsmarteraboutmoney.ca) study showed that half of those over 50 believe they'll run out of money in the first 10 years of retirement. It isn't easy for the average person to put together a nest egg, be it a savings account, equity in a house or business, or a pension. Never, ever gamble with your nest egg. I had a prime example of how that mindset worked growing up.

My dear departed dad wasn't a genius with money, but he had one great asset, a civil service pension. He protected it as one would a baby. Even during the family's hard times when he lost his job and subsequently returned to school, he resisted the temptation to cash it in.

Bear in mind, back in the 1970s and '80s many took pensions for granted. Cashing in didn't seem like such a big deal. Thanks to his vigilance, he ended up with a comfortable retirement even though he still had a mortgage.

Safeguard savings or home equity and never gamble with them for any reason.

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START A NEW JOURNEY TODAY

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You can have the career you want. All you need is the right training. In other words, you need continuing education.

Continuing education is offered at colleges, universities, training centres, and other institutions of learning across Canada. It ranges from single-day workshops to multi-semester courses and programs designed to make you a skilled professional in your chosen field. And that field can be nearly anything — from accounting to fashion design to automobile repair, among hundreds of others.

People turn to continuing education for different reasons. For some, it's because they lack the skills, knowledge, or accreditation necessary to get the job of their dreams. This may be because they entered the workforce straight out of high school, and therefore lack the post-graduate qualifications for which employers are looking.

For others, continuing education is a way to stay current. Technology and best practices evolve over time, no matter what kind of business you are in. Continuing education is a way of ensuring you stay at the top of your game. Even better, it can be a means for you to grow your career.

What if you are highly educated, but lack work experience? This is a problem for many university graduates, but it can be overcome through continuing education. With curricula attuned to the realities of the marketplace, continuing education programs teach you to apply your theoretical knowledge in a practical way. Many include internships, allowing you to gain work experience before you graduate.

Not all continuing education is this serious, of course. Many people seek it simply for personal interest. Have you always wanted to paint? Sculpt? Develop an appreciation for fine wine? You can find courses and workshops devoted to these topics and many more — all of them quick, affordable, and fun.

If you have a full-time job or family commitments, furthering your education may seem like a luxury you can't afford. You needn't worry. Today's continuing education programs and courses are designed to be flexible, adapting to a range of personal schedules and lifestyles. Just look around — you will find both full-time and part-time programs, accelerated programs, even courses held on evenings or weekends. Some programs are delivered entirely online.

It doesn't matter how old you are, or how busy. It doesn't matter how long you have been in the workforce — or out of it. Continuing education can be your route to the career you deserve. And your journey starts today. *– Chris Edwards*

AU student Salma and daughter in Edmonton, AB

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VANCOUVER COMMUNITY COLLEGE PHOTO

READY TO MEET A CHALLENGE?

TRY THE VCC KITCHEN AND BATH DESIGN PROGRAM

In all of Canada, there are only two schools offering a diploma program for kitchen and bathroom design, accredited by the National Kitchen & Bath Association (NKBA). And only one of those schools — Vancouver Community College — is in B.C.

Why kitchens and bathrooms? Because no two rooms in the home present more of a challenge for interior designers. They must be both attractive and functional — designed with the homeowner's needs in mind. Yet, plumbing and wiring are more complex in these rooms than in any other, limiting the designer's options. If you are an interior designer who specializes in kitchens and bathrooms, you are a valuable commodity.

VCC's kitchen and bath design program is an intensive, part-time course designed to make you that specialist. Its academic component lasts nine months, focusing on design theory, sustainable practices, new products, and more. This is followed by a work placement, which provides you with valuable hands-on experience.

"Our students are passionate about design — they have a desire to succeed in a highly competitive industry," says Zana Becker, interior design coordinator at VCC. "Their interior design proficiency, combined with their unique kitchen and bath specialization increases their chances of success in their chosen practice."

Claudine Hansen was one of those students and is now one of the program's many success stories. She found her current job within months of graduating.

"I took the kitchen and bath diploma program at VCC because I wanted a career change," she says. "I had a love for design, plus some previous credits, and I hoped to work as a designer in the kitchen and bath industry without spending years getting there. Now, thanks to VCC's support, and the networking opportunities made possible through its alliance with NKBA, I am a designer with the renowned Kitchen and Bath Design Showroom in Vancouver."

Thanks to its partnership with NKBA, Vancouver Community College helps students like Hansen achieve the standards expected by the design industry well before they join it full time. Graduates are also eligible to sit for the academic portion of the NKBA certification exams, waiving the two-year industry experience requirement.

If you have completed VCC's interior design certificate program, or have a certificate, diploma, or degree from another accredited institution, you may be eligible to enrol in the kitchen and bath design diploma program. New classes start in September. To learn how you can be part of them, contact Zana Becker at zbecker@vcc.ca, or visit vcc.ca.

Discover careers at VCC

Itís a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

Program	Campus
Career planning and job search courses Monday, March 4, 11 a.m. - room 236	Downtown
Building service worker Monday, March 4, 1 p.m. - room 206	Downtown
Music Monday, March 4, 3:45 p.m. - room 1228	Broadway
Addiction and community counselling skills Monday, March 4, 6 p.m. - room 420	Downtown
Transportation trades Tuesday, March 5, 11 a.m. - lobby, building B Tuesday, March 12, 11 a.m. - lobby, building B	Broadway Broadway
Teaching English to speakers of other languages (TESOL) Tuesday, March 5, 12 p.m. - room 512 Tuesday, March 12, 12 p.m. - room 512	Downtown Downtown
English language preparation for health sciences Tuesday, March 12, 6 p.m. - room 1214	Broadway
Access to practical nursing Wednesday, March 13, 4:30 p.m. - room 1227	Broadway
Drafting technician (open house) Wednesday, March 13, 4:30 p.m. - room 718	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **vcc.ca** or call **604.871.7000**

VANCOUVER COMMUNITY COLLEGE

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www.vcc.ca

SPORTS 4

Canucks ready for Sharks' attack

NHL. Vancouver hosts San Jose tonight at Rogers Arena

CAM TUCKER
cam.tucker@metronews.ca

Good, bad and ugly — the Vancouver Canucks have gone through it all in the past nine days.

The latest was a 4-2 loss to the Calgary Flames on Sunday. Roberto Luongo was outplayed by Danny Taylor, who has been a career minor-leaguer who played for five different East Coast Hockey League teams.

Interestingly enough, the Canucks lit up Jonathan Quick, last year's Conn Smythe winner as the most valuable player in the playoffs, on Saturday in one of Vancouver's most inspired efforts of the shortened season.

The Canucks, who have three regulation losses in their last four games, now welcome the San Jose Sharks to Rogers Arena Tuesday.

The Sharks haven't necessarily been hunting in fruitful waters these days.

After blitzing out of the gate with seven consecutive wins to start the 2013 season following the lockout, the Sharks lost 10 of their 12 games in February. They were, as of Monday afternoon, fourth in the Western Conference.

The Canucks, as late as last week, enjoyed a six-point advantage on the Minnesota Wild for top spot in the Northwest Division.

Vancouver Canucks goalie Roberto Luongo is scored on by a shot from Mike Cammalleri of the Flames in Calgary on Sunday. LARRY MACDOUGAL/THE CANADIAN PRESS

That cushion no longer remains.

Due to their recent funk — which has seen them get outscored 18-12 in the last four games — the Canucks now hold a two-point lead over the Wild. Both teams are in action tonight.

The Wild take on the Blackhawks in Chicago. The Blackhawks have yet to lose in regulation this season — a span of 22 games — and, dating back to last March, haven't lost in regulation in 28 games.

As for who starts in goal for Vancouver against San Jose, the body of evidence would point toward Cory Schneider.

Luongo has allowed 11 goals in his last six periods, while Schneider is coming off a solid 28-save performance against the L.A. Kings on Saturday.

Whitecaps' DeMerit out indefinitely

Jay DeMerit GETTY IMAGES FILE

Vancouver Whitecaps captain Jay DeMerit prefaced the bad news Saturday with an ominous tweet.

The 33-year-old centre back said in a tweet following Vancouver's 1-0 win over Toronto FC that "things aren't looking good, unfortunately." DeMerit had to be helped off the field in the seventh minute of the game, after he jumped into the air to head the ball and fell awkwardly on his left foot.

He couldn't put pressure on his foot as he was helped off the field at BC Place.

On Monday, the bad news was confirmed: A ruptured Achilles tendon.

While his teammates trained under sunny skies at UBC's Thunderbird Stadium, DeMerit was to undergo surgery.

The club has him listed as out indefinitely; however, the normal recovery time for such an injury is six to eight months.

DeMerit had struggled through the pre-season with Achilles tendinitis but had been training all last week in preparation for Saturday's opener.

"He's going to be out for quite a long time. Obviously we'll find out after surgery just how long," said head coach Martin Rennie.

"Just really disappointed about that. Obviously it was nice to win on Saturday but knew pretty much right away that was a big blow and just hope that gets better soon."

DeMerit tweeted out a photo of himself just prior to surgery Monday. CAM TUCKER/METRO

NHL

Coyotes shoot down Ducks

Defenceman Oliver Ekman-Larsson scored in the fifth round of the shootout and Mike Smith stopped Bobby Ryan to help the Phoenix Coyotes beat the Anaheim Ducks 5-4 on Monday night.

Andrew Vermette, Shane Doan, Matt Stone and Keith Yandle scored for the Coyotes in regulation. Phoenix also beat the Pacific Division-leading Ducks 5-4 in a shootout Saturday night.

Ryan Getzlaf had a goal and two assists, and Ryan, Corey Perry and Matt Beleskey scored for the Ducks, who have lost consecutive games for the first time this season.

THE ASSOCIATED PRESS

NFL

Ravens sign Flacco to $120M deal

Baltimore Ravens quarterback Joe Flacco signed a new contract Monday worth $120.6 million US over six years, making him the highest-paid player in NFL history.

The Super Bowl MVP will receive a $29-million signing bonus and $52 million in guaranteed money. He will be paid $51 million over the first two years of the deal.

"It's not really about the money, it's about that respect," Flacco said minutes after signing.

Flacco, 28, threw 11 touchdown passes and no interceptions during the recent post-season and led the Ravens to a 34-31 Super Bowl win over San Francisco.

THE ASSOCIATED PRESS

Brier

Martin stuck on 1 win in Edmonton

The hometown team is struggling at the Canadian men's curling championship.

Alberta's Kevin Martin lost 8-1 to Northern Ontario's Brad Jacobs on Monday, dropping the reigning Olympic champion and four-time Canadian champion to 1-3.

"It is hard to hang your head," Martin said. "There's no reason to, I think. It's just we've got to smarten up and curl better."

THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Whatever goes missing from your life today is something you can well do without, so wave it a fond farewell and turn your attention to more urgent matters.

♉ Taurus
April 21 - May 21
A barrier of some kind may be imposing but you can find a way around it if you try. Stay calm, be patient and look for the key in areas you would not usually consider — that's where it's most likely to be.

♊ Gemini
May 22 - June 21
Do you listen to a friend's advice or do you listen to an expert stranger? Maybe it would be better if you listened to no one's advice but your own. What does your inner voice tell you? Act on it.

♋ Cancer
June 22 - July 23
Be blunt with a partner who is clearly taking liberties. You may not want to hurt their feelings but it would appear they are too thick-skinned to take a subtle hint — so give it to them straight.

♌ Leo
July 24 - Aug. 23
Don't choose the easy option today just because it seems quicker. Appearances can be deceptive and you may wish you had taken more care, devoted more time and done a proper job the first time.

♍ Virgo
Aug. 24 - Sept. 23
Raise your game today. You may not be the most outgoing of people but you have what it takes to make a name for yourself. Over the next 24 hours, you'll get the chance to shine. Don't waste it.

♎ Libra
Sept. 24 - Oct. 23
No matter how busy you may be, you must make time for partners and loved ones. Someone close is desperate for your attention, so put aside what you are doing and let them know you still care.

♏ Scorpio
Oct. 24 - Nov. 22
Something you say could be taken the wrong way and provoke a reaction. This is the kind of situation that could escalate rapidly, so it might be wise just to apologize.

♐ Sagittarius
Nov. 23 - Dec. 21
Your instincts should be telling you that the best way to deal with a difficult situation is to leave well alone. That applies especially to ego clashes.

♑ Capricorn
Dec. 22 - Jan. 20
An important relationship may be under some stress but don't worry about it. The planets suggest that everything will work out for the best in the end, so forget it and focus on more enjoyable things.

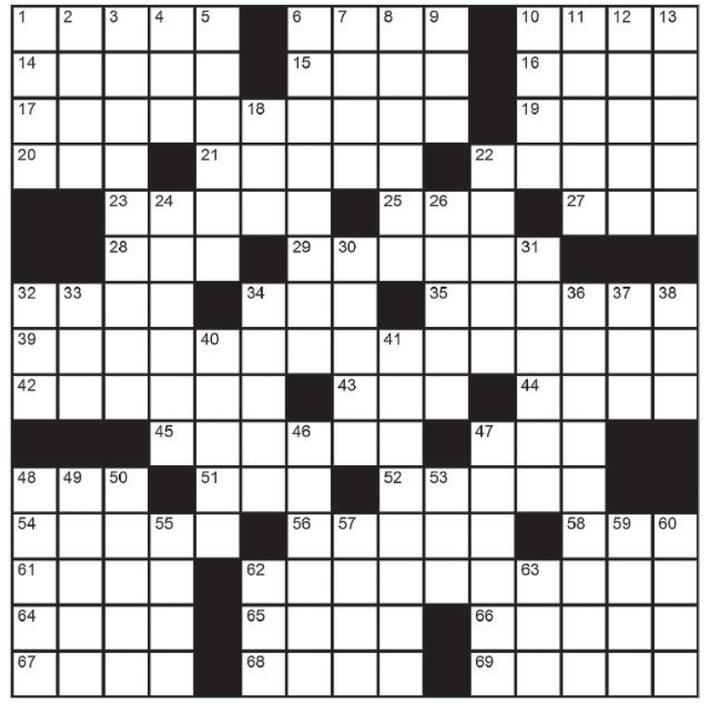
♒ Aquarius
Jan. 21 - Feb. 19
There are so many things you want to do yet so few things you can do, which is no doubt frustrating. Your time will come, so stick with it. As always, everything will change when you least expect it to.

♓ Pisces
Feb. 20 - March 20
Why are you tempted to grab what you can and make a run for it? Maybe it's because you can sense that time is winding down and if you don't do something soon the chance may pass you by. Maybe you're right.

SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



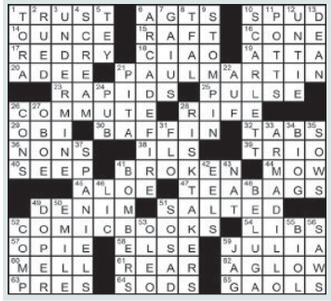
Across

1. Most read national daily newspaper in Canada
6. Noon: French
10. Red Serge force, commonly
14. Love: French
15. Gulf of __ (between Somalia and Yemen)
16. Eurythmics' "Would _ __ to You?"
17. Big screens at sporting events
19. Mr. MacDermot (Canadian composer of Hair)
20. Beast of burden
21. "Push" band from Vancouver
22. __ and Shuster
23. "Have _ __." (Relax)
25. __ _ disadvantage
27. Church speech, for short
28. Intl. commerce group
29. "Where's that map?!": 2 wds.
32. "...so long __ __ both shall live?"
34. Granny: German
35. Pineapple: French
39. Toronto's plays/musicals area: 2 wds.
42. Toronto's St. Lawrence __
43. 0 Meridian letters
44. Company dept. heads
45. Lug along, variantly
47. "Go team!"
48. Reserved
51. Bien __, Vietnam
52. Pilot's button
54. Poet W.B.
56. Nobleman
58. Antonio's "Evita" (1996) role
61. Old Scandinavian symbol
62. In Ontario on Lake Huron, it's the world's biggest lake island
64. Pottery pieces
65. Volcano in Sicily
66. Downloaded-from-Apple song
67. Shar-__ (Some dogs)
68. Lang. of Rome
69. Concrete-strengthening rod

Down

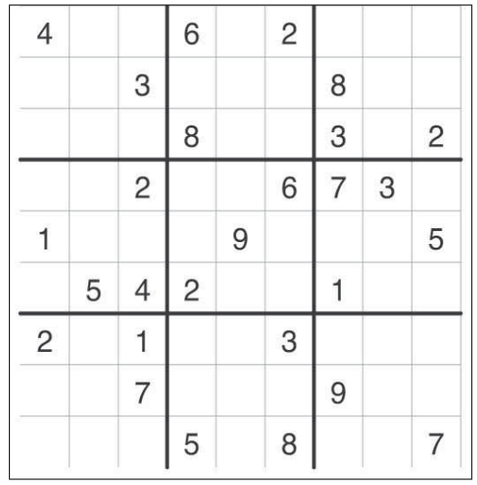
1. Goya painting, The Naked __
2. Ostrich-like birds
3. Rush song: 2 wds.
4. Chafe
5. "_ __..." (Start of Juliet's famous line)
6. __ Provinces
7. Wedding vows: 2 wds.
8. __ floss
9. Advantages
10. Latvia's capital
11. Singer Mr. Aiken's
12. Author A.A.
13. __, Paul and Mary
18. "Prelude __ _ Kiss"
22. "Hmmm, I __ aware of that."
24. Grill servings
26. Breakfast serving
30. Madonna's nickname
31. Runway surface
32. Li'l bank-in-the-wall
33. Doo-Wop music syllable
34. Prefix to 'dontist' (Braces giver)
36. Bouncer's workplace
37. SNL or NASA, e.g.
38. Haloed humans, for short
40. Comp. help givers
41. 'I' of CIBC
46. Canadian brewer
47. Impressionist painter
48. Maple product
49. "Quelle __ est-il?" (What time is it?)
50. New Age musician
53. Quickly write down
55. D'Urbervilles heroine
57. Tolstoy's __ Karenina
59. Susan Aglukark's "__ Na Ho (Celebration)"
60. Vitality [abbr.]
62. "Help __ _ think I'm falling..." - Joni Mitchell
63. 'Comp' completer (Calculate)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	7	5	6	9	8	4	2	1
4	2	6	3	1	5	7	9	8
9	8	1	4	7	2	5	3	6
5	1	7	9	6	3	2	8	4
6	3	4	8	2	7	9	1	5
8	9	2	1	5	4	3	6	7
1	6	3	5	4	9	8	7	2
7	5	8	2	3	6	1	4	9
2	4	9	7	8	1	6	5	3

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